

# What is the relationship between whole grain intake and body weight? (DGAC 2010)

## Conclusion

Moderate evidence shows that intake of whole grains and grain fiber is associated with lower body weight.

## Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between whole grain intake and body weight?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Whole grains: What is the relationship between whole grain intake and health?](#)